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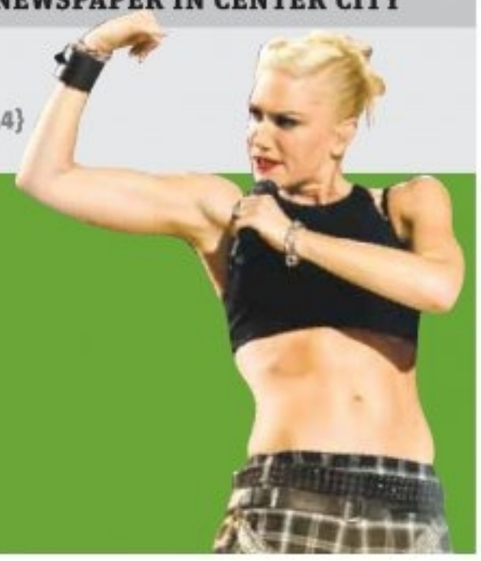
GWEN'S WORKOUT IS HELLA GOOD {page 14}



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Wednesday, September 26, 2012

news

Fake online profiles could be illegal in Pa.

State lawmaker proposes outlawing creating profiles for purpose of intimidation or discrimination {page 03}

the word

Timberlake is bringing MySpace back

JT starred in the Facebook movie, but he's revamping the site's predecessor {page 10}

BACK IN CITY HALL'S BULLSEYE

Skaters, cyclists and rollerbladers targeted under proposed law Mayor's 'anti-skateboarding bill' to impose higher fines for vandals on wheels {page 02}

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Wheeled vandals face higher fines

Intent of proposed legislation would create two levels of vandalism penalties ◗ Vandals riding skateboards, bicycles and rollerblades would face higher fines then vandals on two legs ◗ Critics question timing of bill

▶ Skateboarders would face higher vandalism fines under a proposal from the Nutter administration.

RIKARD LARMA/METRO

A City Council committee met yesterday to discuss a bill introduced by Councilman David Oh on behalf of Mayor Michael Nutter's administration expanding the definition of institutional vandalism to include damaging any public artwork or memorial.

Though the ordinance, announced near Memorial Day, was initially touted as a crackdown targeted at the defacing of veterans' and service members' monuments, it soon became dubbed the "anti-skateboarding bill" for toughening only the vandalism penalties faced by skateboarders, bikers and rollerbladers.

The Pennsylvania Academy of the Fine Art's Security Director Jimmie Greeno III said that skateboarders and bikers so frequently ride on the "glob" of the school's recently-installed Claes Oldenburg "Paint Torch" that a portion had to be removed, repaired and reoriented at a cost of over $10,000.

Co-founder of Franklin's Paine Skateboard Fund Josh Nims said that he supports the legislation's intent, but is concerned about its methods. "It doesn't matter how much you make that fine," he said. "What matters is whether you're enforcing it. The amount of money they're talking about isn't something Council should have to vote on when the enforcement's not happening right now."

Perhaps the most vocal critic was Councilwoman Jannie Blackwell, who voted against moving the bill out of committee. She blasted the administration for failing to provide Council with the information necessary to assess the effectiveness of the current vandalism laws and accused them of introducing a punitive measure as a backdoor revenue-raiser.

"It is not our job to nickle and dime the public to death," she said, noting that if they needed money for art preservation, they should have requested it during budget negotiations.

ALEX WIGGLESWORTH
awigglesworth@metro.us

Proposed rules and penalties

- The bill would add any public art or memorial to the list of properties whose damage is considered institutional vandalism.
- Those who commit institutional vandalism while not operating a skateboard, bike or rollerblades face the current penalty, a fine of up to $300. If an offender chooses not to contest the charge, he or she can settle by paying $75 within eight days of the violation.
- Those who commit institutional vandalism while riding a skateboard, bike or rollerblades would face a maximum fine of $2,000 — the most the city can charge for a code violation under state law — up to 90 days in jail and possible confiscation of their vehicle. If an offender chooses not to contest the charge, he or she can settle by paying $500 within eight days of the violation.
- The city's public art maintenance and repair fund was eliminated during the economic downturn of 2008 and has not yet been restored, so any revenue generated from the fines would go into the city's general coffers rather than be specifically dedicated to the restoration of any public art.

Not Nutter's first bout with skateboarders

Nutter has long been a foe of skateboarders, most infamously for a bill he introduced as a City Councilman in 2000 prohibiting the activity on all public property unless otherwise authorized. That included LOVE Park, which had for years been an icon of the sport, appearing in Tony Hawk's "Pro Skater 2," featured prominently in ESPN's X-Games, which came to the city in 2001 and 2002, and drawing professional skateboarders from around the world. Over the objections of the plaza's planner, 92-year-old Ed Bacon, and architect, Vincent Kling, the city began aggressively enforcing the LOVE Park skateboarding ban following a renovation of the plaza two years later.

It appears Nutter is seeking to continue his historically hard line on the sport.

▶ Nutter

$3K

Two skateboarders were arrested and charged in June with institutional vandalism after the Vietnam Veterans Memorial suffered $3,000 in damages. Their trial will resume Oct. 17.

Quoted

"I've had a lot of parents call me and say, 'Why is this even in Council right now when I'm worried about my kid selling drugs on the corner?"

JOSH NIMS, SKATEBOARDING ADVOCATE

"In the past, we have hired security officers to stand outside and prevent this. But it became very dangerous and costly."

JIMMIE GREENO III

In the news

Deaf man shot by robber

A 27-year-old deaf man is in critical condition at Temple University Hospital after he was shot in the stomach early yesterday morning when he failed to respond quickly enough to a gunman's robbery demands, possibly due to his hearing impairment. The attack happened on the 1800 block of East Thayer Street in Kensington around 4:15 a.m. No arrests have yet been made. METRO/AW

In the news

Skulls come to Penn Museum

The Penn Museum currently has on display one of the world's most famous — or infamous — collections of skulls. The 1,200 craniums were originally collected by 19th century University of Pennsylvania anatomy professor Samuel Morton in an attempt to prove a misheld belief that, based on head size, a person's race indicated their intelligence.

Sports. Lingerie football

▶ Philadelphia Passion player Heather Perez is part of the revived team.

RIKARD LARMA/METRO

Pigskin in skivvies has found new home

The region's lingerie football team has moved from north of Philadelphia in Trenton's Sun Bank Center to south of the city at Chester's PPL Park for the upcoming season. Some of the players showed off their plays at their new venue yesterday. The new season has been postponed until April 2013. Open tryouts were held this past April. The franchise is the two-time defending Eastern Conference champions.

Lawmaker wants fake web profiles outlawed

Creating a fake online profile could soon become a crime in Pennsylvania.

The state House Judiciary Committee yesterday approved a bill that would make it a misdemeanor to create a profile on a social networking site using a fake name or another person's name for the purposes of bullying or threatening others.

The legislation was amended yesterday to exempt profiles created for comedy, satire or parody. The law also would not apply to profiles created by law enforcement agencies or private investigators for investigative purposes.

The bill's sponsor, state Rep. Katharine Watson, R-Bucks County, said she made the changes after hearing from the Motion Picture Association and the Pennsylvania District Attorney's Association. Several other states have similar laws, including California, New York and Connecticut, Watson added.

▶ Katharine Watson

"This is when you're talking about [having] a malicious intent to harm another individual, but different from what we already have for cyberbullying."
WATSON

She created the bill after hearing from a Montgomery County teacher who was the victim of a fake e-mail address created by some of her students. They used the e-mail address to send messages to other students criticizing their work.

But the American Civil Liberties Union of Pennsylvania said the bill leaves too much discretion to prosecutors in determining someone's intent.

"We remain concerned that they may be steering into deep First Amendment waters here," said Andy Hoover, legislative director for the ACLU.

Watson said she will keep working on the bill so that it does not "criminalize free speech."

"There's a need for this type of legislation and I know there's a need for this," she said.

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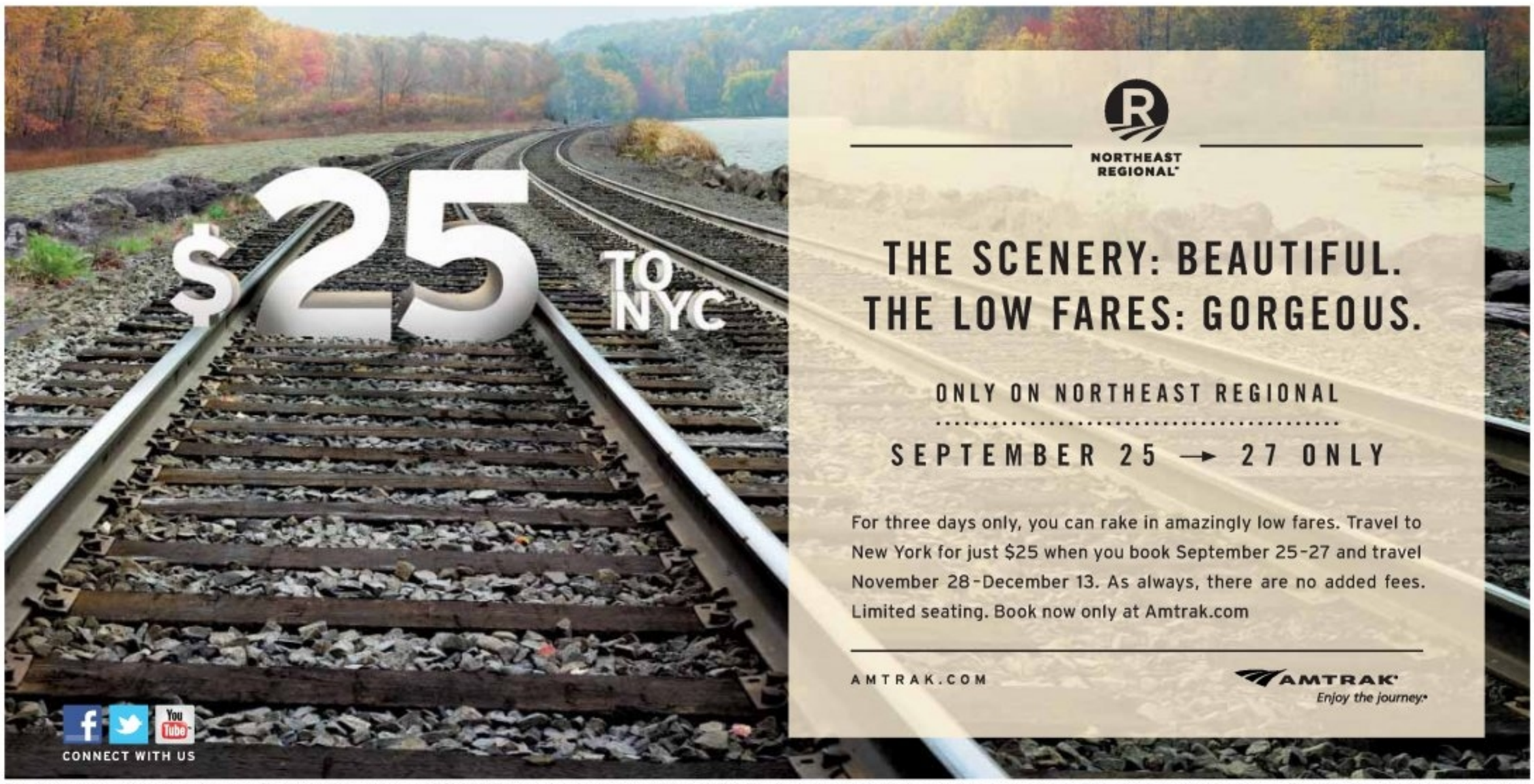
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New in brief

China carrier a show of force as Japan tension festers

GETTY IMAGES

▶ China's first aircraft carrier

TOKYO/BEIJING. China sent its first aircraft carrier into formal service yesterday amid a tense maritime dispute with Japan in a show of force that could worry its neighbors.

China's Ministry of Defense said the newly named Liaoning aircraft carrier would "raise the overall operational strength of the Chinese navy" and help Beijing to "effectively protect national sovereignty, security and development interests." **REUTERS**

Obama vows US won't let Iran gain nuclear weapon

BRENDAN SMIALOWSKI/AFP/GETTYIMAGES

▶ U.N. delegates listen as Obama speaks during the General Assembly of the United Nations yesterday in New York City.

JOHN MOORE/GETTY IMAGES

▶ President Obama

President Barack Obama warned Iran yesterday the United States will "do what we must" to prevent it from acquiring a nuclear weapon and said time was running short for diplomacy but ignored the Israeli prime minister's demand to set a "red line" for Tehran.

Taking the podium at the United Nations six weeks before the U.S. presidential election, Obama sought to counter criticism of his foreign record by Republican rival Mitt Romney, who has accused him of mishandling the Arab Spring uprisings, damaging ties with Israel and not being tough enough on Iran.

Obama also challenged world leaders to stand united against anti-American violence that has swept many Muslim countries in recent weeks and to promote tolerance amid anger over a crudely made video that offended Islam.

Seeking to step up pressure on Iran, Obama told the U.N. General Assembly that there was still scope for reaching a diplomatic solution but that "time is not unlimited."

His tough talk appeared aimed at easing Israeli Prime Minister Benjamin Netanyahu's concerns about U.S. resolve to curb Tehran's nuclear drive, as he reasserted before the world body that he would never let Iran develop an atomic bomb and then simply contain the problem. **REUTERS**

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▶ "Sandy Island Beach off the North Coast of Grenada in the Caribbean" by Bryan Gershen

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28	29	30	31 DEN 7:00 CSN	1	2	3
4 NYK 12:00 CSN	5 NYK 7:00 CSN	6	7 NOH 8:00 CSN/ESPN	8	9 BOS 7:30 CSN	10 TOR 7:00 TCN
11	12 MIL 7:00 CSN	13	14 DET 7:00 CSN	15	16 UTA 7:00 ESPN/TCN	17
18 CLE 6:00 CSN/NBATV	19	20 TOR 7:00 CSN	21 CLE 7:00 TCN	22	23	24 OKC 7:00 CSN
25 PHX 6:00 CSN	26	27 DAL 7:00 CSN	28	29	30 CHA 7:00 CSN	

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 CHI 8:00 CSN
	3	4 MIN 7:00 CSN	5	6	7 BOS 7:00 CSN/ESPN	8 BOS 7:30 CSN
	10 DET 7:00 CSN	11	12 CHI 7:30 CSN	13	14 IND 7:00 CSN	15
16 LAL 6:00 CSN	17	18 DAL 8:30 CSN	19 HOU 8:00 CSN	20	21 ATL 7:00 CSN	22
23 BKN 3:00 TCN / 30	24 / 31	25	26 MEM 8:00 CSN	27	28 GS 10:30 CSN	29 POR 10:00 TCN

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 LAL 10:30 CSN	2 PHX 10:00 CSN	3	4 OKC 8:00 CSN	5 SA 8:30 CSN
6	7	8 BKN 7:00 CSN	9 TOR 7:00 CSN	10	11	12 HOU 7:30 CSN
13	14	15 NOH 7:00 CSN	16	17	18 TOR 7:00 CSN	19
20	21 SA 7:00 TNT	22 MIL 8:00 CSN	23	24	25	26 NYK 7:00 CSN
27	28 MEM 7:00 CSN	29	30 WAS 7:00 CSN	31		

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
					1 SAC 7:30 TCN	2
3	4 ORL 7:00 CSN	5	6 IND 7:00 CSN	7	8	9 CHA 8:00 CSN
10	11 LAC 7:00 CSN	12	13 MIL 8:00 CSN	14	15	16
17	18	19	20 MIN 8:00 CSN	21	22	23 MIA 7:30 CSN
24 NYK 8:00 CSN/ESPN	25	26 ORL 7:00 CSN	27	28 CHI 8:00 TNT		

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 GS 7:00 CSN/NBATV
3 WAS 6:00 CSN	4	5 BOS 7:00 TNT	6 ATL 7:30 CSN	7	8 MIA 8:00 CSN/ESPN	9
10 ORL 6:00 CSN	11 BKN 7:00 CSN	12	13 MIA 7:00 CSN	14	15	16 IND 7:30 CSN/ESPN
17	18 POR 7:00 CSN	19	20 LAC 10:30 CSN	21 DEN 9:00 CSN	22	23
24 SAC 9:00 CSN / 31	25 UTA 9:00 CSN	26	27 MIL 7:00 CSN	28	29 CLE 7:30 CSN	30 CHA 7:30 CSN

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 CHA 7:00 CSN	4	5 ATL 7:30 CSN	6 MIA 7:30 TCN
7	8	9 BKN 7:30 TCN	10 ATL 7:00 CSN	11	12 WAS 7:00 CSN	13
14 CLE 3:30 CSN	15 DET 7:30 CSN	16	17 IND 8:00 CSN	18	19	20

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In the news

Seahawks' disputed TD may have swung $150M in bets

SEATTLE. The disputed game-ending touchdown that gave the Seahawks a 14-12 win over the Packers on Monday night may have swung $150 million in bets worldwide, according to Las Vegas bookmakers.

The Packers were 3½-point favorites and held a 12-7 lead in Seattle before the Seahawks' 24-yard pass on the game's final play.

Jeff Sherman, assistant manager at the Las Vegas Hotel's Super Book, estimated that $15 million was wagered in Nevada on the game and the total worldwide handle – including offshore sportsbooks — was about $150 million. **BLOOMBERG**

14-12 The touchdown gave the Seattle Seahawks a 14-12 win over the Green Bay Packers.

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US fiscal cliff looms over global economy

DAN KITWOOD/GETTY IMAGES

▶ The euro is not in danger for now.

The euro zone has stepped back from the brink of disaster for now, but the global economy could soon be staring into another abyss if U.S. politicians fail to head off $600 billion in automatic austerity that all but guarantees a new recession.

The long-term fate of the single currency remains unclear, but nerves have calmed since the European Central Bank promised on Sept. 6 to act as the buyer of last resort for Spanish and Italian bonds.

Now, exactly six weeks before the U.S. general election, fiscal gridlock in Washington is coming back on the global economy's risk radar.

If opinion polls hold steady and prove accurate, President Barack Obama, a Democrat, will defeat Republican Mitt Romney on Nov. 6. The House of Representatives is likely to stay in the hands of the Republicans, who have a chance of seizing control of the Senate.

On the surface, with power split, that could make it harder to avert $600 billion in spending reductions and expiring tax cuts, equal to 4 percent of gross domestic product, that will kick in at the start of 2013 unless a deal is struck to shrink the U.S. budget deficit by at least $1.2 trillion over the next decade. **REUTERS**

$600B The global economy could soon be staring into another abyss if U.S. politicians fail to head off $600 billion in automatic austerity that all but guarantees a new recession.

Quoted

"The level of political partisanship in Washington is higher than it's ever been, and that it is making it much harder to deal sensibly with some of the economic and other problems America is facing."

XENIA DORMANDY, LONDON THINK-TANK CHATHAM HOUSE

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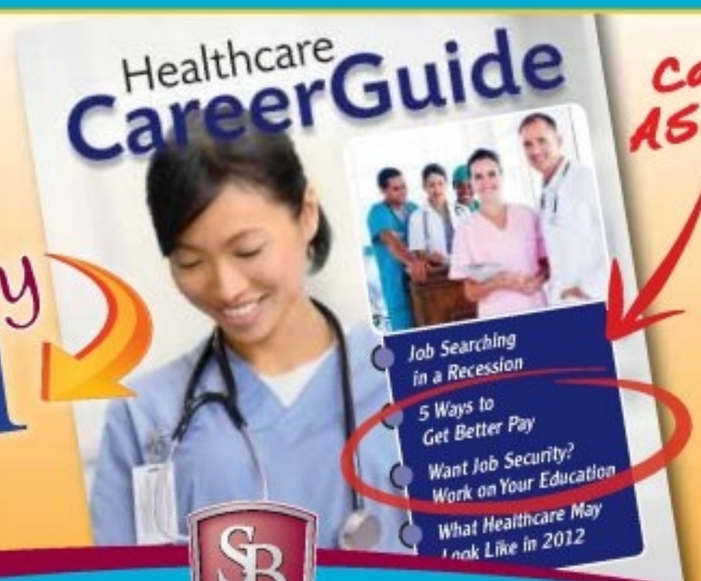
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News in brief

President: We need our refs back

Well before the disputed game between the Green Bay Packers and Seattle Seahawks last night that ended in a touchdown crowd-catch requiring a 10-minute off-field conference of the temporary referees, President Barack Obama was on to the NFL's problem.

Last week, as the Milwaukee Sentinel Journal's Bill Glauber reports, the president spoke about the league's stand-in referees in a telephone interview. They were talking about the Cleveland Browns when Obama said: "One thing I got to say, though: Is it just me or do we have to get our regular refs back?"

The president also made his thoughts known on Twitter yesterday – @BarackObama: "NFL fans on both sides of the aisle hope the refs' lockout is settled soon." **BLOOMBERG**

Obama leading in Fla., Ohio polls

President Barack Obama leads Republican nominee Mitt Romney in Florida and Ohio, two crucial states for the challenger, according to a poll published today. The Washington Post survey of likely voters gave Obama a lead of 51 percent to 47 percent in Florida, the decisive state for Republican George W. Bush in 2000, and a 52 percent to 44 percent lead in Ohio, a state captured by every Republican candidate who won the White House.

The findings of the poll taken Sept. 19-23 were similar to a Sept. 9-11 survey of likely voters taken by NBC News, the Wall Street Journal and Marist College. That survey found Obama with a 49-percent to 44-percent advantage in Florida and a 50-percent to 43-percent edge in Ohio. **BLOOMBERG**

Mitt Romney pulls his punches at Clinton event

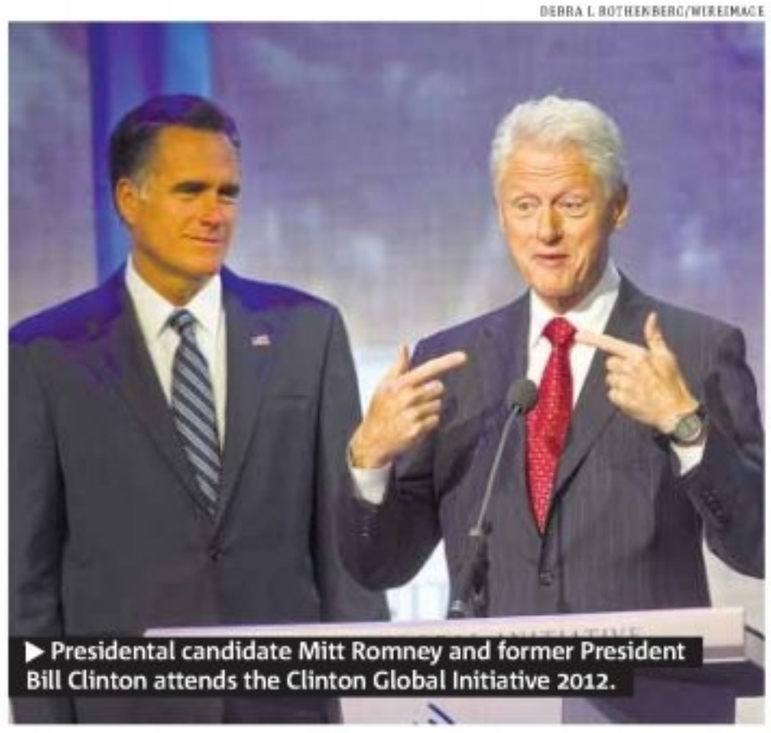
Introduced by Bill Clinton and facing a room filled with Democrats, Republican presidential nominee Mitt Romney pulled his punches yesterday and outlined an approach to foreign aid that would boost the role of free enterprise in developing nations.

Romney addressed the former president's Clinton Global Initiative and from the outset made light of his situation.

Clinton's speech at the DNC last month gave a boost to President Barack Obama, who now leads Romney in a number of swing states that will be vital in the Nov. 6 election.

The Clinton Global Initiative is a bipartisan aid effort, and Romney held back from his usual campaign barbs against Obama. **REUTERS**

DEBRA L ROTHENBERG/WIREIMAGE



▶ Presidental candidate Mitt Romney and former President Bill Clinton attends the Clinton Global Initiative 2012.

Quoted

"If there's one thing we've learned this election season, it's that a few words from Bill Clinton can do a man a lot of good. After that introduction, I guess all I have to do is wait a day or two for the bounce."

ROMNEY, JOKING ABOUT SHARING THE STAGE WITH CLINTON, WHICH PROMPTED LOTS OF LAUGHTER FROM THE LARGE AUDIENCE

All about Ohio

High-profile campaign visits this week underscore Ohio's importance in the election. **BLOOMBERG**

52 Years since a presidential candidate was elected without carrying Ohio in the general election

12 Ohio has sided with the White House winner in the past 12 presidential races.

20 Ohio has 20 electoral votes at stake, the seventh most in the nation.

29K Obama and Romney have bought more than 29,000 ads in Ohio since Sept. 17.

51.5 Obama won in Ohio four years ago with 51.5 percent of the vote to John McCain's 46.9 percent.

Metropolitik

TIMOTHY P. CARNEY
SENIOR POLITICAL ANALYST, THE WASHINGTON EXAMINER

THE FEDERAL GOOD LIFE

It's tough to run against big government in a state made rich by big government. Virginia Republican George Allen is trying to walk that fine line in his open-seat U.S. Senate race. Only three counties in America have a median household income higher than $100,000, and they are all in northern Virginia: Loudoun, Fairfax and Arlington. Look a bit further down the Census Bureau's list published last week, and notice that seven of the country's 10 richest counties are within commuting distance of D.C. You can surmise where that wealth is coming from: the expanding federal government.

The federal workforce is huge here. Fairfax, Loudoun and Arlington have 200,000 government workers among them. In the two counties on the Metro rail system, Arlington and Fairfax, government employs 25 percent of all workers — compared with less than 15 percent nationwide.

Then add in federal contractors who work here in order to be close to the center of power: between "500,000 and 600,000 federal contract workers supported by $82 billion in federal procurement awards," according to Stephen Fuller of George Mason University's Center for Regional Analysis.

Fuller adds: "Federal spending constitutes 40 percent of the Washington-area gross regional product, without counting the lobbyists and associations or tourists."

Hence northern Virginia's wealth. A family headed by two GS-10s (federal employees with moderate experience) at the Department of Energy could easily pull in $128,000 between them. If one of them cashes out, for instance, going to a downtown nuclear-industry trade association or a green-energy lobbying firm, she could command $200,000, easy.

The workers in the military-industrial complex haul in even more, especially if they came to Lockheed Martin or Northrop Grumman through the revolving door from the Pentagon or Capitol Hill.

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

Quoted

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

The 2008 election bore this out. Obama won 60 percent of the vote in Loudoun, Fairfax and Arlington (and even more in the cities of Falls Church and Alexandria) – compared with 53 percent statewide. Close-in Fauquier and Prince William counties also made the Census Bureau's list of the 10 wealthiest counties, and Obama did better in both of them than he did statewide.

Virginia Attorney General Ken Cuccinelli is from Northern Virginia, and he attributes the region's recent leftward progression to transplants flocking to Washington's growth. "We're importing all these people that work in the federal government and businesses associated with the federal government," Cuccinelli told me. "They are obviously, generally, pro-federal government. And that tends to be pro-Democrat instead of Republican."

So how does George Allen handle this dynamic? Awkwardly. If Allen wants to cut federal spending – even domestic, social spending – he needs to dry up some of his state's money pot. Allen says, correctly, that if unnecessary federal jobs are trimmed as government is shrunk, private-sector jobs will replace them. But those private-sector jobs won't necessarily be in Virginia.

Allen's opponent, former Gov. Tim Kaine, sees this tension and tries to exploit it. Kaine, as a Democrat, is at home with the argument that government spending creates jobs. It's another bitter fruit of government's growth — a class of wealthy government dependents who vote.

— *Timothy P. Carney can be contacted at tcarney@washingtonexaminer.com.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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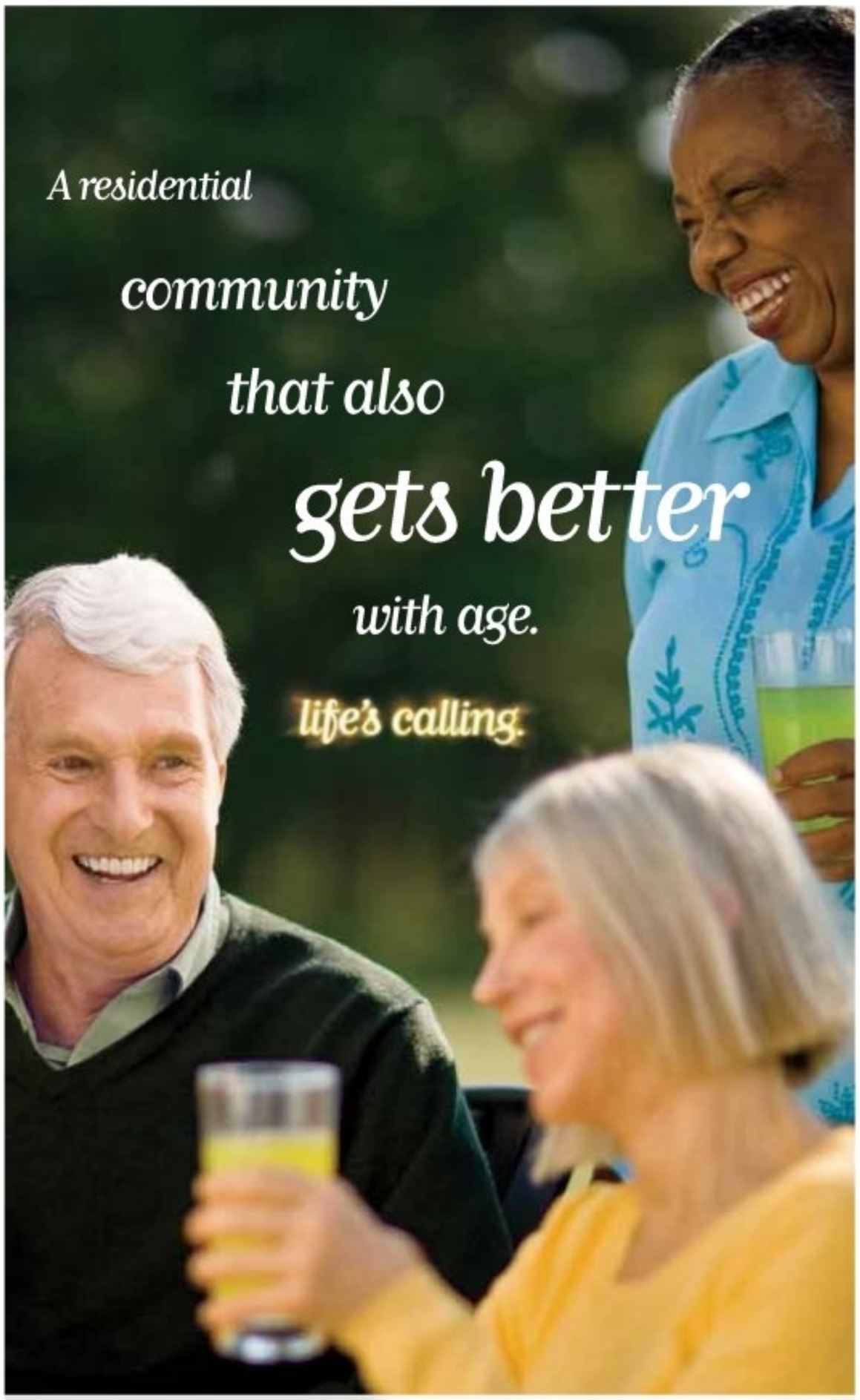

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

A new MySpace: Welcome back, Tom?

ALL PHOTOS GETTY IMAGES

▶ Next up: Nick Lachey will relaunch Friendster while the O-Town boys work on a Geocities reboot.

Are social media platforms like fashion? Wait long enough and pretty soon we'll be looking for them again in the deep recesses of our closet?

Well, guess who we might find back there next to the fanny packs and boot-cut jeans: **Tom** from MySpace.

Justin Timberlake invested in the faltering site in 2011 and has apparently been working hard on a revamp. On Monday, Timberlake tweeted a sleek new video of the site. And, dare I say it, it looks amazing. If you've become tired of Facebook, with the ever-present Someecards and other spammy developments — not to mention **Mark Zuckerberg** and Co.'s increasingly shady information-sharing practices — the new MySpace might be a safe haven (no word on if there's a ban on baby photos, however).

The new, clean interface of the beta site looks like a mash-up of Facebook, Instagram, Pinterest, Spotify and Twitter, and focuses heavily on music. There are several other notable changes, like easy drag-and-drop interactivity and ways to connect with other people who share your interests.

Now I just need to find the nerve to log back in when the new site finally launches — I'm terrified to see how many porn stars I've become friends with in my absence, as well as what my "mood" was in 2007. Let's just hope Tom has updated his white T-shirt.

See? Nothing good came from 'Batman and Robin'

Before news broke of **Arnold Schwarzenegger**'s 14-year-old love child with housekeeper **Mildred Baena**, he confessed the news himself to wife **Maria Shriver** — but only after she confronted him about it in therapy. "The minute we sat down, the therapist turned to me and said, 'Maria wanted to come here today and to ask about a child — whether you fathered a child with your housekeeper Mildred,'" Schwarzenegger writes in his new memoir. "I told the therapist, 'It's true.'" According to the book, the therapy session took place in January 2011, four months before he publicly admitted to fathering the child, whom he says was conceived during production of "Batman and Robin."

Poor "Batman and Robin." It killed both **Chris O'Donnell**'s movie career and an A-list political marriage. Thanks a lot, **Joel Schumacher.**

▶ Holy affair with the housekeeper, Batman!

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@AlyssaMilano
Sigh... I wish I liked anything on my body as much as Christina Aguilera likes her boobies. Bless her and those boobies!

@katyperry
There's no place like Tokyo, there's no place like Tokyo, There's no place like Tokyo.

@kanyewest
What if there was no profanity... What if we decided to legalise profanity in a sense? In France they play songs with cursing on the radio

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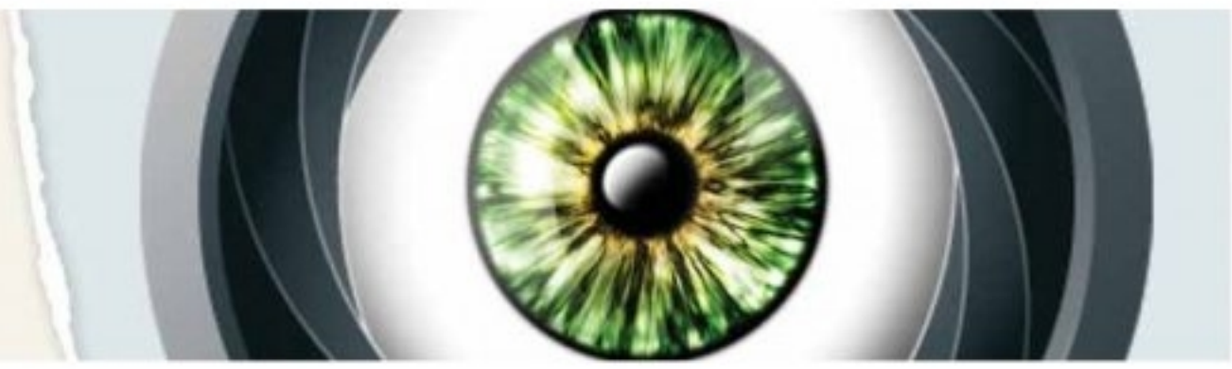


myentertainment

TV watch list

'The Neighbors'

COMEDY. A "normal" couple picks up and moves the kids to a gated community in New Jersey. It's such an exclusive neighborhood, in fact, all of the other residents turn out to be aliens from a distant planet. The cast plays the ridiculous premise so earnestly, it just might work. **Series premiere, 9:30 p.m., ABC**

'Key & Peele'

COMEDY. The comedy duo's sketch star, Luther, Obama's Angry Translator, should have plenty to say this election season. **Season premiere, 10:30 p.m., Comedy Central**

'Bitchin' Kitchen'

REALITY. Host Nadia G brings her rock 'n' roll flair to the office lunch in the Season 3 premiere. **Season premiere, 10 p.m., Cooking Channel**

AMBER RAY

Caspian sailing in uncharted waters

- Instrumental band make a case for post-post-rock
- Five-piece has entered a brand-new 'Waking Season'

EVAN TERRAULT

▶ Caspian play with Minus the Bear and Cursive on Friday at The Electric Factory.

How do you describe a band whose music outgrows their prescribed genre? For the Massachusetts-based post-rock quintet Caspian, the release of their third full-length album may make the need for a new descriptor necessary.

"When I think of post-rock, I immediately think of 2003 to 2005," says Calvin Joss, a guitarist and founding member of Caspian. "I think of long, drawn-out, guitar-oriented songs that are thematic and big: bands like Mono, God Speed You! Black Emperor and Explosions in the Sky."

Caspian certainly began as a post-rock band, but over time their sound has evolved. Their latest album, "Waking Season," which dropped yesterday, features a number of elements not typically associated with the genre. One song even includes vocals (a first for the band); others incorporate samples and electronic sounds.

"We never felt a duty to be post-rock," says Phil Jamieson, who also plays guitar. "We just view ourselves as our own separate entity — as Caspian."

Caspian's larger-than-life yet beautifully melodic sound can transport listeners. Even a commute to work accompanied by a Caspian record can feel like you're living inside an epic film. This characteristic has attracted networks like HBO, CBS and MTV, all of which have used Caspian's music in their programming.

"Waking Season" has also received praise from the likes of Spin and Alternative Press, which hailed the album as "one of the best records of 2012."

"There's more on this record that draws from each of our individual influences — the music we actually listen to," explains Joss. "The depth and texture, and the use of a lot of different instruments, breaks out of the mold of what people consider post-rock."

The members of Caspian don't seem too worried about alienating fans.

"We never underestimate the ability of our audience to grow with us," says Jamieson.

JONATHAN D. FITZGERALD

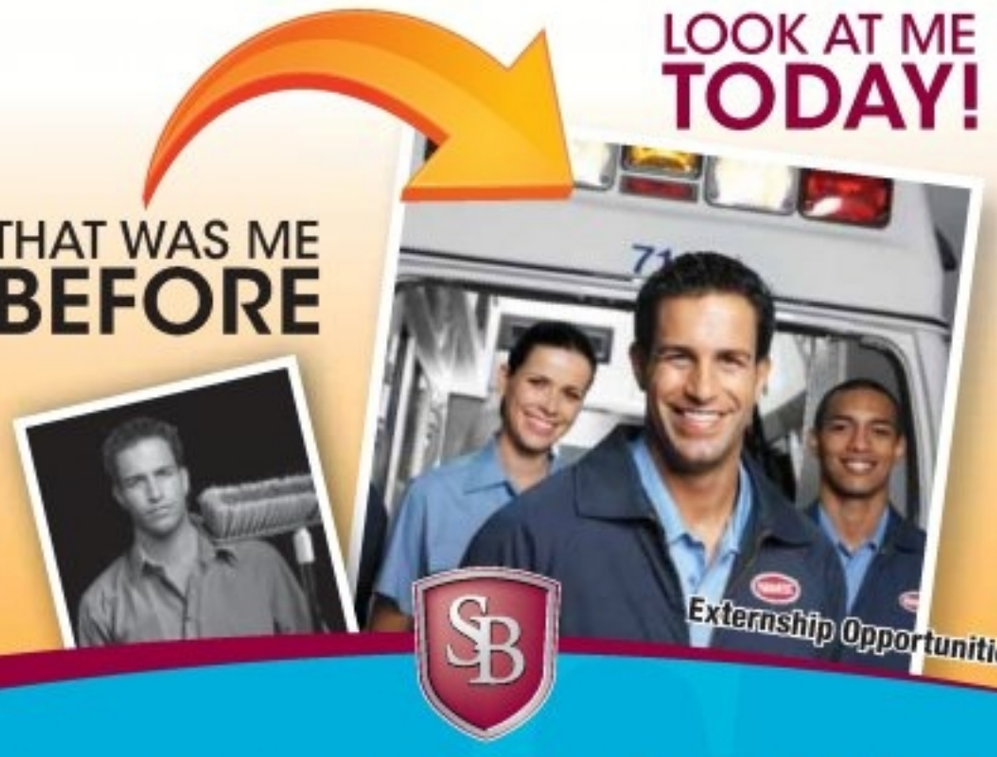
Further up

Caspian formed in 2003, playing their first shows to friends in sports bars in Beverly, about 25 miles north of Boston, where most of the members live.

The band recorded a demo in 2004 and got their first break opening for Japanese post-rockers Mono later that year. They released their debut EP, "You Are the Conductor" in 2005 and hit the road, touring nearly nonstop and returning home only to write and record.

LOOK AT ME TODAY!

THAT WAS ME BEFORE



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Apocalypse nowish

Play your way through a dark and foreboding future with games that envision a frightening new world

Sidescroller

LAWRENCE BONK
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It's 2012. You know what that means: Another long-predicted apocalypse is about to chew us up and spit us out. This mania for the end of the world has taken pop culture by storm, from "The Hunger Games" to "Honey Boo Boo." Even video games have gotten in on the act. There is a spate of new titles that let us live out our demented dystopian fantasies. Here are reviews of two you can play while buying time in the bomb shelter.

'Tokyo Jungle'

Company: Sony
Console: PS3
Grade: ●●●●○

You know that show on History Channel that talks about what the world will be like after man is gone? This is, more or less, a video game version of that show. You play as an animal of your choosing as you wander around a dilapidated Tokyo after the fall of man. The goal is simply to survive.

The presentation is chintzy and the graphics are PS2-level, but boy, is this game addicting. It's a rush to stealthily move around the city as a lowly pomeranian, picking off smaller game and avoiding bears, lions and even nastier beasts.

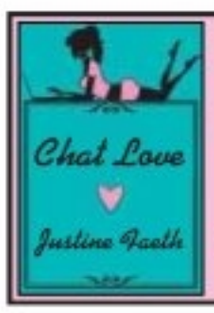
Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

▶ "Borderlands 2" is sure to be a fall standout.

'Borderlands 2'

Company: Gearbox
Console: PS3/Xbox 360/PC
Grade: ●●●●○

"Borderlands" and its sequel are the closest thing you can get to playing a massively multiplayer game set in the world of Mad Max. There's no Tina Turner, but there's plenty of cool weapons, devious bandits and crumbling infrastructure. If you are new to the series, it's a first-person shooter with a major emphasis on RPG mechanics. Just like "Diablo," the game constantly dangles carrots in the form of stat increases and new items to fool around with. Taking this concept online makes it the first true blockbuster of the fall season.



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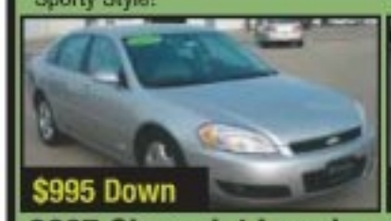
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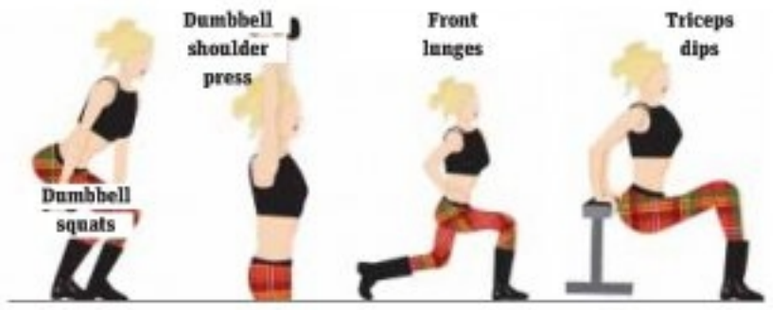
'Push and Shove' your way to a body like Gwen Stefani's

Move like Gwen

"In order to notice a difference in yourself, you need to be working out at the correct intensity levels," trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, says. "Your body shape will only change if it's put under strain and stress because the real fat-burning hormones only get stimulated under intense physical training."

While he recognizes the benefits of cardiovascular training (such as running or cycling), Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Stefani's is by mixing cardio and resistance training. We asked him to share with us the workout he does when he's training with Stefani.

Tip: "Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible, as your body needs to be stressed in order to change."



Dumbbell squats

Holding a dumbbell in each hand, position your legs shoulder-width apart with your toes pointed straight ahead. Pull your weight down through your leg muscles and keep your weight back on your heels as you descend. Push your chest out very slightly in front of you to counterbalance the heavy load on your heels. Push up powerfully from each squat.

Sets: 4 **Reps:** 12-15

Dumbbell shoulder press

Grab the dumbbells, keep your feet hip-width apart and slightly bend your knees. Bring the weights up to your shoulders and lift your arms up toward the sky, keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) — three seconds on the way down — and then press the weights back up.

Sets: 4 **Reps:** 12-15

Front lunges

Stand with your feet together, hands on hips. Make sure your shoulders are back and your chest is out, and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, push off and drive back to the center using your right heel.

Sets: 4 on each side **Reps:** 12-15

Tricep dips

Sit on a bench or chair and put your hands by your sides. Step out just far enough so that your back is barely touching the bench or chair. Make sure you don't step out too far, as this will put unnecessary stress on the elbows. Remain in control of your movements as you dip up and down.

Sets: 4 **Reps:** 12-15

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Time to toss your rice?

We were alarmed when we heard about the levels of arsenic in rice and rice products recently uncovered by Consumer Reports, so we asked registered dietitian Rachel Begun, M.S., R.D., to break down the findings for us.

What did Consumer Reports find in its study?
Consumer Reports tested 223 samples of rice and rice products across a broad range of food categories and found varying levels of arsenic in more than 60 rice and rice products. They tested for both levels of inorganic and two forms of organic arsenic. Inorganic arsenic is the form associated with long-term health effects.

Are there limits on how much arsenic can be in food?
Currently, there is no federal limit for arsenic in foods. The FDA is in the process of testing 1,200 rice and rice products by the end of 2012 so they can analyze the results from a variety of rice types and rice-based products as well as based on the geographical regions the rice is grown in. Based on these results, they will make recommendations and take measures for reducing exposure to arsenic.

Do the findings affect different types of rice?
For brands producing both white and brown rice, brown rice was found to have higher levels of arsenic. This may be due to arsenic concentrating in the outer layers of the grain, which are removed for white rice production.

What does arsenic do to us?
Long-term exposure to high arsenic levels has been associated with cancer and heart disease.

So should we should stop eating rice? Are there safer ways to go about incorporating it into our diets?
Consumers should take the following precautions:

- Eat a balanced diet that includes a wide variety of foods, including a variety of whole grains. This ensures adequate intake of nutrients while minimizing the risk of potential harm from any one food.
- Rinse raw rice in cold water before cooking. METRO

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Letters

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Violence not first resort of faithful

RE: "NYPD SPOKESMAN CRITICIZES FEDS FOR RELEASING FILMMAKER'S INFO" (METRO, SEPT. 20) Back in 1987, American artist Andres Serrano won awards for displaying a picture of a small plastic crucifix submerged in a glass of the artist's urine. Serrano received $15,000 for the work, part of it from the taxpayer-funded National Endowment for the Arts! Christians did not burn down Serrano's apartment in NYC. Last year, "The Book of Mormon" won nine Tony awards as it mocked the Mormon faith. The same Hillary Clinton who apologized for a Mel Brooks-like trailer about Muhammad stood and applauded the blasphemous play insulting Mitt Romney's religious beliefs. The Latter Day Saints did not burn down the Eugene O'Neill Theatre in NYC, where it is performed.

It is delusional or disingenuous for Obama and Clinton to blame the slaughter of U.S. ambassador Chris Stevens on some sophomoric satiric movie trailer about Muhammad! I thought Obama said that with G.W. gone the world would love us.

JOSEPH DUPONT, VIA E-MAIL

Winner takes all — of the facts

RE: "ELEPHANTS AREN'T THE ONLY ONES WITH A GOOD MEMORY: (METRO, SEPT. 21-23) Letter writer Brian Grau's letter would have been more aptly titled, "Impaired Memory from the Left." His statement of "fact," that "Bush caused the problem," is not a fact, but a statement of redirection. Every nonpartisan analysis has concluded that "the problem" had been building for many years (before Bush took office) and that both parties contributed to "the problem." The left whines about a lack of cooperation from the Republican Congress, yet gleefully attempted to delegitimize the Bush presidency. The Obama budget and his jobs bill have both failed because that is how Obama designed them. How does Congress negotiate with a president whose answer to objections or alternatives offered is, "I won"? Here's a simple question: If you hired someone to rebuild the crumbling foundation of your house and after four years all you have is an unwanted and unsustainable addition to it, would you retain the person to finish the job?

DON CANCELMO, VIA E-MAIL

Romney wants to punch hole in net

RE: "CERTAIN IN LIFE: DEBT AND TAXES" (METRO, SEPT. 24) New columnist Conn Carroll lives in the dream world of the right wing. The non-partisan CBO said Obamacare is paid for and does not raise the debt. In the meantime, Republican administrations are responsible for the majority of the deficit due to failed trickle-down economics. Reagan tripled it. Carroll plays with the numbers to make the president look like a big spender, when debt is actually growing more slowly. The kernel of truth in Romney's "47 percent" is that those people should not vote for Romney if they keep their own interests in mind. Who would trust Romney/Ryan with the safety net? They want to save Medicare by killing it.

PASQUALE ARGENIO, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
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Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Succumbing to instant gratification could be one of your biggest problems. You are likely to regret it if you spend more than you should on a whim of the moment.

♏ Scorpio **Oct. 24-Nov. 22.** Unless you want to turn your household into a camp with several warring factions, be careful not to bring up any controversial issues. You'll only have yourself to blame if war breaks out.

♐ Sagittarius **Nov. 23-Dec. 21.** Shelve, at least for the next few days, certain tasks you find to be distasteful. Any jobs you perform under a cloud will have to be redone in the future.

♑ Capricorn **Dec. 22-Jan. 19.** Generally, you are a rather prudent and cautious person when it comes to your financial affairs. Know now that the day could tempt you to take some unwise financial risks.

♒ Aquarius **Jan. 20-Feb. 19.** Don't let your ego dominate your common sense in ways that make you feel that you'll lose face if you aren't No. 1 at all times. Overwhelming pride is self-defeating.

♓ Pisces **Feb. 20-March 20.** Although normally your intuition is exceptionally reliable and can be helpful in giving you great insight, pride could override it and lead you far astray.

♈ Aries **March 21-April 19.** It's nice to do someone a favor, but be careful that you don't unwittingly let that person take money out of your pocket, unless, of course, the recipient is someone near and dear and you don't mind doing so.

♉ Taurus **April 20-May 20.** Being hasty or impulsive when putting plans together or deciding an important issue with another will weaken your position, not improve it. Give your ideas the time they deserve.

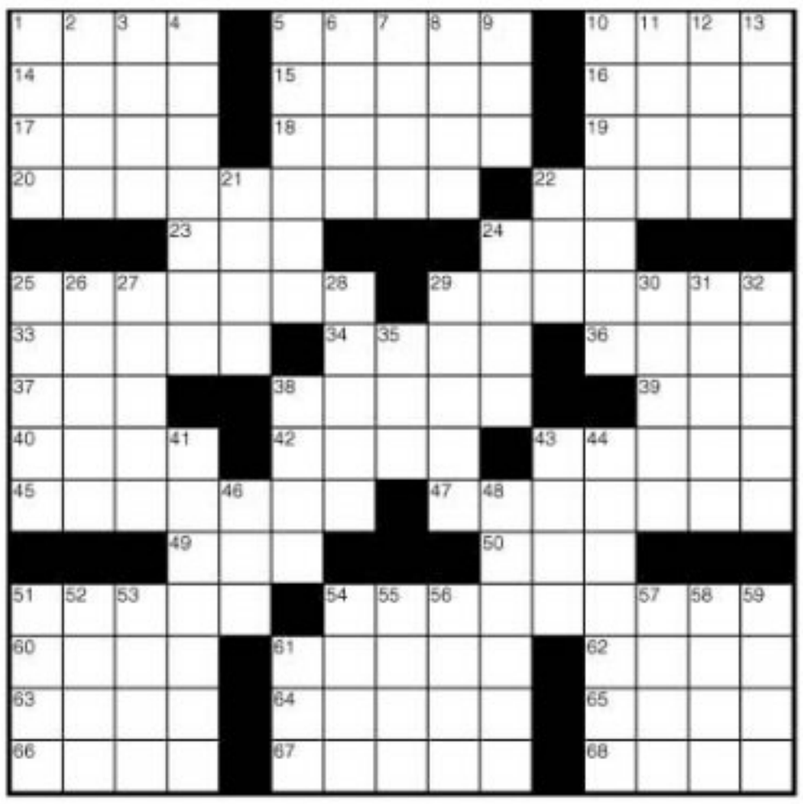
♊ Gemini **May 21-June 20.** Taking on an assignment that is way over your head is not only downright foolish, it could be harmful. You might end up having a tough time crawling out of the hole you put yourself in.

♋ Cancer **June 21-July 22.** Once you start to point out the faults of your friends, no matter how well intended you are, your popularity might take a huge hit.

♌ Leo **July 23-Aug. 22.** If your tastes are totally different from your mate's, it's best not to make any expensive purchases without the input of your better half.

♍ Virgo **Aug. 23-Sept. 22.** Think before opening your mouth, especially when making an appraisal of another's efforts. If you can't be tactful, don't say anything at all.

BERNICE BEDE OSOL



Across
1 — du jour
5 Big dipper
10 Null's partner
14 Rani's spouse
15 Hip bone
16 Staffer
17 A Karamazov
18 Tractor garages
19 Musical symbol
20 Salt-rimmed treat
22 Mudville slugger
23 NASA counterpart
24 Med. staffer
25 Polish
29 Sheet material
33 Queen of the Misty Isles
34 Ben Jonson works
36 Two semesters
37 Utmost degree
38 Came around
39 Hot spring
40 Mars, to Plato
42 Consumer gds.
43 Pumps or wedges
45 Type of eel
47 Bell tower
49 New World assoc.
50 Each and every
51 Pop in
54 Indoor gardener's tool (2 wds.)
60 Kind of tradition
61 Listened in
62 Nectar fruit
63 Fish habitat
64 Disturbing emotion
65 Alice's chronicler
66 Geraint's beloved
67 In need of organization
68 Bug repellent

Down
1 Straitlaced
2 Emerging magma
3 Cracked
4 Off on a — (digressing)
5 Many October folk
6 Jai —
7 Gossip, slangily
8 Moon goddess
9 Dash lengths
10 Opening
11 Fixes a squeak
12 — fixe
13 Stand up to
21 Great Wall locale
22 EMT training
24 — -majeste
25 Hackneyed
26 "Violet" lead-in
27 Fix, as a skirt
28 Oater salutation
29 Lap dogs, slangily
30 "Sour grapes" coiner
31 Boutonniere's place
32 Remove chalk
35 Old PC acronym
38 Iowa college town
41 Went bad
43 Bear's advice
44 Chopper's destination
46 Inform on
48 Cheap and gaudy
51 Meadow rodent
52 OPEC member
53 H.H. Munro
54 It may be spliced
55 Teases
56 Vein contents
57 "Sommersby" star
58 Robust
59 Slow run
61 Omelet extra

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SUDOKU **LEVEL: EASY**

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	3	9			7			
			6			9	2	
	8				6	5	9	
	6		4				3	
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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	H	I	R	S	T		A	L	E		H	O	Y	A
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How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Halladay hopes to pitch again in 2012

Phillies ace will test injury issues today ◗ If he's fine, plans to make a start this weekend ◗ Manuel, Dubee give veteran chance to make decision

Roy Halladay will not take the hill tomorrow night against the Nationals, but he might pitch again this season, possibly Saturday night in Miami.

Manager Charlie Manuel says Halladay will throw a bullpen session today. If he can deal with the spasms behind his right shoulder blade, expect Halladay to start one more time this season.

Since the Phillies' playoff chances are microscopic, it would make sense for a team to shut down a pitcher who has an injury issue. But most pitchers aren't Halladay, who is as competitive as he is hard-working and accomplished. The coaching staff feels that he has earned the right to take the mound again.

"If he wants to pitch and feels he can pitch, why not pitch him," pitching coach Rich Dubee said. "Especially if you feel confident from the doctor's reports that there is nothing structurally wrong."

It's not just health that's plaguing the 2010 Cy Young winner. He's had velocity issues since the start of spring training and he has not located like he usually does since mid-May.

"He was a command guy and an action guy," Dubee said. "He could move it both ways. He could sink it, cut it on both sides of the plate."

Halladay had excellent control and the respect of the top hitters in the game. Yankees slugger Mark Teixeira once marveled that Halladay could throw the ball anywhere and Teixeira never knew where it would go.

Well, that was so before this lost season. Since the Phillies are logically, if not mathematically, out of the playoff race, all eyes are on 2013.

ED CONDRAN
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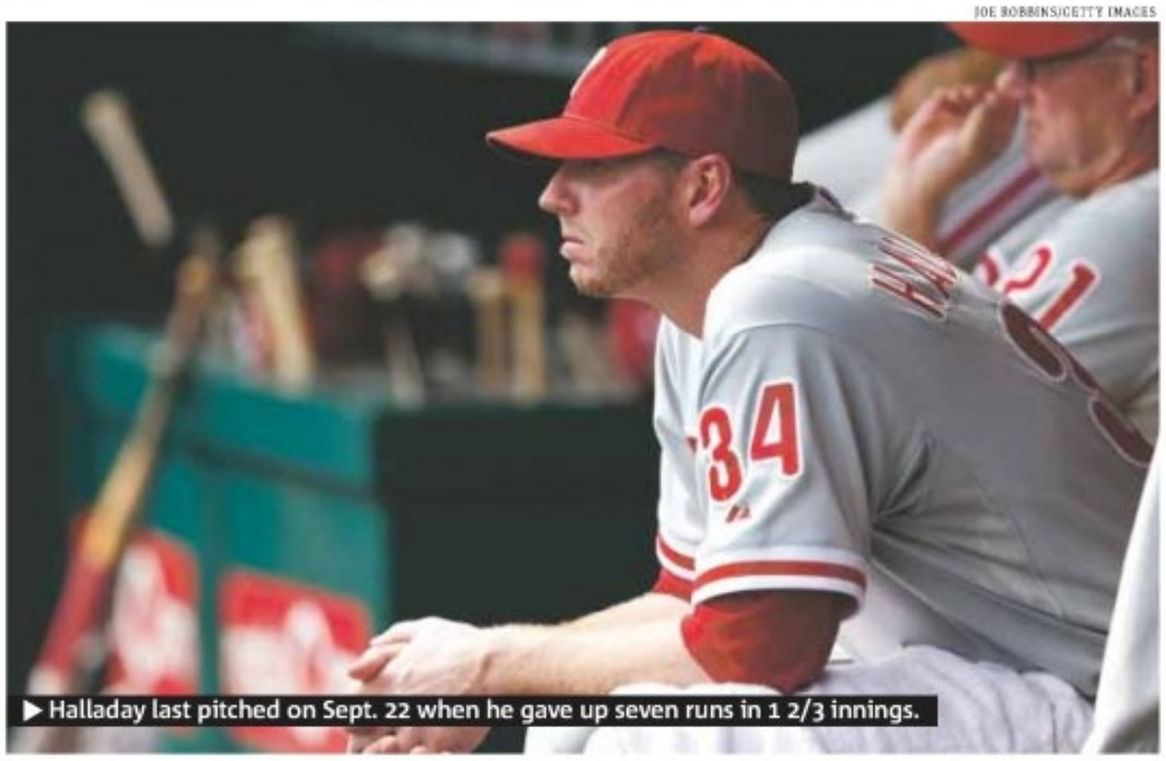
JOE ROBBINS/GETTY IMAGES



▶ Halladay last pitched on Sept. 22 when he gave up seven runs in 1 2/3 innings.

ON TV TONIGHT

Phillies vs. Nationals
7:05 p.m., CSN

Next year?

If Halladay isn't able to pitch one more time this season as he hopes, the Phillies still believe he'll be fully healthy and ready to pitch in 2013 come spring training.

"I think Roy is going to be fine," Dubee said. "We have to find the right program for him. We've gotten good reports structurally. He'll do all the work to get back as close or as the same as he was."

"I'm confident that you'll see the Roy Halladay that you're accustomed to having seen all of these years, when we start next season," teammate and fellow starter Cliff Lee said. "I wouldn't bet against him bouncing back."

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			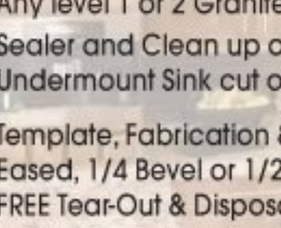
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Metro's NFL Power Rankings | by Mike Greger

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1 FALCONS (3-0)
They aren't just beating people, they are stomping them — and Matt Ryan looks like he has taken the next step in his development: elite status. Ryan's 114.0 QB rating is tops in the entire NFL, and he's first in completion percentage (72.0) and tied for first in TDs (8) while throwing one pick.

2 TEXANS (3-0)
The 31-25 score was closer than it really was due to a second-half prevent defense. Houston and Atlanta are 1a, 1b in the NFL. It's that close.

3 49ERS (2-1)
Maybe the Niners were reading their own press clippings heading into Week 3. This defense is too nasty, too mean-spirited to stay down. Bounce back week.

4 RAVENS (2-1)
The win over New England was the most inspirational game played — for Torrey Smith's bro — since the Brett Favre tribute to his dad.

5 CARDINALS (3-0)
Don't look now, Arizona is legit. With a swarming, attacking defense (Daryl Washington is a man-beast) they just need Kevin Kolb to manage the game. Can he do it?

6 GIANTS (2-1)
Eli Manning is hitting mid- to late-season form earlier than expected. More impressive, the Giants are winning despite key injuries to starters. Very dangerous combo.

7 BENGALS (2-1)
Some say razzle-dazzle plays like Mohamed Sanu's bomb to A.J. Green mask weaknesses. We say, if you can execute it properly, it's pure genius. Plus, Andy Dalton's definitely got game.

8 SEAHAWKS (2-1)
Controversy aside, Pete Carroll's defense, led by the Legion of Boom, is a nightmare matchup for any team. And no one wants a road game in Seattle. No one.

9 PACKERS (1-2)
As stifled as Aaron Rodgers and Co. looked at times Monday night, they still won the game. Yes, they won that game. End of story.

10 EAGLES (2-1)
After three weeks, we still don't know what kind of team this is. They could be 0-3. Mike Vick could get benched. Andy Reid might trim his mustache. Still, they are right in the thick of everything.

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McCoy rips 'ballerina' Osi

It's not exactly breaking news that LeSean McCoy and Osi Umenyiora don't like each other. Their much-publicized Twitter exchanges have become quite legendary.

It started with McCoy calling Umenyiora "soft" and "overrated" and escalated with the Giants defensive end referring to Shady as "Lady Gaga." Last spring, Umenyiora wished McCoy a "Happy Mother's Day" via Twitter. Now, the two are at the center of an episode of ESPN's award-winning show "E:60," which aired last night on the network.

There were some very entertaining nuggets, with McCoy firing some new bullets at Umenyiora.

"Osi, I mean he really is a good player. I think he's a good player. I think he thinks he's better than what he really is," McCoy said. "I think he's a ballerina in a Giants uniform, but other than that that's all I gotta say about Osi."

Remember, the two rivals are set to battle Sunday night at the Linc. METRO/MG

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Organize your home's gateway

Don't overlook your home's entryway It sets the tone for your living space and is the first impression guests get when they come over Ideas to organize your keys, mail, scarves and more

Colder temperatures mean we're trading our tank tops for coats, scarves and gloves. If you haven't already, now, more than ever, is the perfect time to set up a spot to pile on and peel off these extra layers — not to mention a place to organize the keys, handbags and mail cluttering your dining-room table. Don't have the luxury of a foyer or mudroom? We found some essentials to help fake one.

TINA CHADHA
tina.chadha@metro.us

Umbrella stand

With all the rainy weather we have, this item is a must. It prevents drippy umbrellas from ruining the floor and saves you the hassle of ever searching for one again. **Porcelain Umbrella Stand, $159,** www.horchow.com

Hooks or a coat rack

Those of us who don't have the luxury of a hallway closet need to get creative with hooks or invest in a coat rack. Both take up very little space and prevent the coats-on-the-sofa catastrophe. **Anthropologie Melded Poppies Double Hook, $22,** www.anthropologie.com; **West Elm Metal Tipped Coat Rack, $160,** www.westelm.com

Mirror

Take one last look before running out the door, and you won't ever get stuck with lipstick on your teeth or toothpaste on your face again. **Crate and Barrel Clarendon Wall Mirror, $149,** www.crateandbarrel.com

More tips

- **Pile pretty:** Add a pretty tray on top of a shelf for an elegant way to hold mail.
- **Rock on:** Place an old tray by the doorway and fill it with rocks. When you come in from walking in the snow or rain, place your boots on the tray to drip-dry without creating a puddle.

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Shelf, console or even dresser

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If you're lucky enough to have a passageway, a dresser or unit with drawers is ideal. Use the cubbies to store and hide clutter. **Urban Outfitters Modern Wall Shelf, $22, and Reclaimed Wood Chalkboard Shelf, $49 each,** www.urbanoutfitters.com

Benches

You need to park it to pull off boots and strappy heels. Bonus: Most benches come with extra storage space below. **Pottery Barn Samantha Entry Bench, $399,** www.potterybarn.com

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